

HOW TO LIVE, WORK, AND PLAY WHILE COPING WITH ARTHRITIS

Satellite Conference and Live Webcast

Wednesday, April 25, 2012, 2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern) • 1:00-3:00 p.m. (Mountain) • 12:00-2:00 p.m. (Pacific)

More than 40 million people in the United States are living with some form of arthritis. The Alabama Arthritis Control Program was created to give people living with or caring for someone with arthritis the knowledge they need to take control of their condition so it doesn't control them. Program faculty will provide an overview of arthritis, provide techniques on managing the disease, and discuss how to better communicate with doctors on finding relief.

PROGRAM OBJECTIVES:

1. Discuss the burden of arthritis and its impact on Alabamians.
2. Discuss the arthritis warning signs, diagnoses, and co-morbidities.
3. Describe work limitations associated with arthritis and other rheumatic conditions.
4. Identify arthritis management strategies and exercises that promote flexibility, strengthening, and endurance.
5. Provide an overview of the Arthritis Foundation's community work and resources.

FACULTY:

Samille Jackson, MSPH

Arthritis Control Program Manager
Alabama Department of Public Health

Richard Jones, MD

Clinic for Rheumatic Diseases
Tuscaloosa, Alabama

Laura Looney, PT, DPT

InnerFit Physical Therapy
Montgomery, Alabama

Pam Snow

Director of Programs and Services
Alabama and Mississippi Arthritis Foundation
Southeast Region, Inc.

CONFERENCE DETAILS:

Target Audience: Nurses, social workers, dietitians, nutritionists, anyone working with someone who has arthritis

Continuing Education: Nurses 1.8 hours, Social Workers 1.75 hours, Dietitians, Nutritionists (pending)

Registration: www.adph.org/alphntn

Technical Information: To receive complete technical information you must register at www.adph.org/alphntn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphntn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #.

Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphntn@adph.state.al.us

